



Nordic Sports Regional Training Camp

2024 September 13 - 15

Hosted by Nordic Sports Prince Edward Island





Open to biathlon and cross country ski athletes and coaches:

- aged 12 and older, Learn to Train through Active for Life
- with sport-specific experience
- registered members of Biathlon Canada and / or Nordiq Canada and / or USA equivalent

The focus will be on quality training and fostering the fun spirit of our regional ski community.

- Camp activities will take place primarily in the areas of Cavendish and Brookvale
- Camp itinerary to be sent to registrants no later than September 10th
- Arrivals Friday afternoon at or before 5:30 pm
- Skate & classic roller ski sessions, range sessions, dryland sessions, group discussions
- Departures Sunday mid-afternoon

All athletes, coaches and support personnel must self-assess for health each day and immediately withdraw from group activities if unwell.



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How to attend?

All athletes, coaches, & support personnel:

- Register on zone4 as soon as possible and no later than the end of day September 06th
<https://zone4.ca/register.asp?id=36286> (\$65 each for athletes, \$0 for coaches and supporters)
- Make your travel, lodging and meal plans (current plan for group camp meal is Saturday's Supper – tbc)
- Pack your bags (roller ski equipment (skate + classic) including helmet & gloves & brightly coloured top, running shoes, clothing for all weather, biathlon rifles & shooting gear, etc)

***Biathlon athletes please bring your own ammunition for this camp

Any questions can be sent to Judy at hale.ji@gmail.com



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